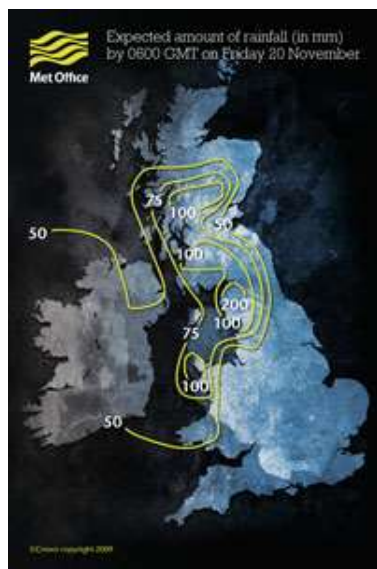


Extreme weather warning advises public to take action

18 November 2009



Very heavy rain is expected over Cumbria, western parts of Scotland and north Wales over the next few days. Rainfall totals of 75 to 100 mm are expected over parts of these regions by Friday with 200 mm or more possible over the higher ground of Cumbria.

Southerly gales are also expected at times, with gusts of 60 or 70 m.p.h. in many western coastal areas. This, combined with current high tides, brings the risk of coastal flooding to Dumfries and Galloway and Cumbria.

Met Office Chief Forecaster, Bob Wilderspin says: "This spell of wet and windy weather comes hot on the heels of the storm last weekend. The rain will fall on areas that are already saturated and we are working closely with agencies, local authorities and emergency services to ensure they are prepared."

You are advised to keep up to date with the latest forecast on TV, radio or online."

UK forecast weather

Richard Brown, Head of Hydrology for SEPA, said: "Following the weather warnings issued by the Met Office for heavy rain in parts of Scotland, the Scottish Environment Protection Agency (SEPA) is reminding those concerned about flooding that preparation is key, especially if you live in an area that is prone to flooding. Call Floodline on 0845 988 1188 or check [SEPA's website](http://www.sepa.gov.uk) regularly for the latest flood warnings and for advice on how to prepare."

UK forecast weather

UK severe weather warnings

What to do in severe weather

SEPA Floodline (Scotland)

Environment Agency Floodline (England and Wales)

Contact information

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Met Office Customer Centre: **0870 900 0100**

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